

## Microbiome Information for: Asthma

### For non-prescribing Medical professionals Review

The suggestions below are based on an Expert System (Artificial Intelligence) modelled after the MYCIN Expert System produced at Stanford University School of Medicine in 1972. The system uses over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies has found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is beleived to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are a *a priori suggestions* that are predicted to independently reduce microbiome dysfunction. Suggestions should *only be done after a review* by a medical professional factoring in patient's conditions, allergies and other issues.

**This report may be freely shared by a patient to their medical professionals**

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Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result in received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thome (<https://www.thome.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

### Analysis Provided by Microbiome Prescription

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Asthma

*Nota Bena:* Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Verrucomicrobiia	class	Low	203494	Moraxella	genus	High	475
Acidaminococcaceae	family	Low	909930	Mycoplasma	genus	High	2093
Bacteroidaceae	family	High	815	Odoribacter	genus	High	283168
Bifidobacteriaceae	family	Low	31953	Oxalobacter	genus	High	846
Chlamydiaceae	family	High	809	Parvimonas	genus	High	543311
Christensenellaceae	family	High	990719	Penicillium	genus	High	5073
Clostridiaceae	family	High	31979	Peptoniphilus	genus	Low	162289
Dermabacteraceae	family	Low	85020	Porphyromonas	genus	High	836
Erysipelotrichaceae	family	High	128827	Rothia	genus	High	508215
Lachnospiraceae	family	High	186803	Sediminibacterium	genus	Low	504481
Lactobacillaceae	family	Low	33958	Slackia	genus	High	84108
Prevotellaceae	family	High	171552	Sneathia	genus	High	168808
Ruminococcaceae	family	Low	541000	Staphylococcus	genus	High	1279
Veillonellaceae	family	High	31977	Streptococcus	genus	High	1301
Actinomyces	genus	High	1654	Sutterella	genus	High	40544
Aggregatibacter	genus	Low	416916	Turidibacter	genus	Low	191303
Akkermansia	genus	Low	239934	Aggregatibacter segnis	species	High	739
Alloiococcus	genus	High	1651	Akkermansia muciniphila	species	Low	239935
Alternaria	genus	High	5598	Aspergillus fumigatus	species	High	746128
Aspergillus	genus	High	5052	Bacteroides fragilis	species	High	817
Bacteroides	genus	Low	816	Bacteroides stercoris	species	Low	46506
Bifidobacterium	genus	High	1678	Bifidobacterium adolescentis	species	Low	1680
Blautia	genus	High	572511	Bifidobacterium longum	species	High	216816
Butyricoccus	genus	Low	580596	Candida albicans	species	High	5476
Butyrivibrio	genus	Low	830	Chlamydia pneumoniae	species	High	83558
Campylobacter	genus	High	194	Clostridium disporicum	species	Low	84024
Candidatus Arthromitus	genus	Low	49082	Eggerthella lenta	species	High	84112
Capnocytophaga	genus	High	1016	Enterobacter hormaechei	species	High	158836
Catonella	genus	Low	43996	Escherichia coli	species	High	562
Chlamydia	genus	High	810	Faecalibacterium prausnitzii	species	Low	853
Clostridium	genus	High	1485	Haemophilus influenzae	species	High	727
Corynebacterium	genus	High	1716	Klebsiella pneumoniae	species	High	573
Dialister	genus	Low	39948	Moraxella catarrhalis	species	High	480
Dorea	genus	High	189330	Mycoplasmoides pneumoniae	species	High	2104
Faecalibacterium	genus	Low	216851	Neisseria cinerea	species	High	483
Faecalibaculum	genus	High	1729679	Phocaeicola plebeius	species	High	310297
Fusobacterium	genus	High	848	Prevotella nigrescens	species	Low	28133
Haemophilus	genus	High	724	Pseudomonas aeruginosa	species	High	287
Holdemanela	genus	High	1573535	Roseburia inulinivorans	species	Low	360807
Lachnospira	genus	High	28050	Staphylococcus aureus	species	High	1280
				Staphylococcus epidermidis	species	High	1282

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy</b>	<b>ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy</b>	<b>ID</b>
Lactobacillus	<i>genus</i>	<b>High</b>		1578	Streptococcus pneumoniae	<i>species</i>	<b>High</b>		1313
Lawsonella	<i>genus</i>	<b>High</b>		1847725	Streptococcus pyogenes	<i>species</i>	<b>High</b>		1314
Leptotrichia	<i>genus</i>	<b>High</b>		32067	Streptococcus salivarius	<i>species</i>	<b>High</b>		1304
Malassezia	<i>genus</i>	<b>High</b>		55193	Sutterella wadsworthensis	<i>species</i>	<b>Low</b>		40545
Megasphaera	<i>genus</i>	<b>High</b>		906	Haemophilus influenzae 10810 strain	<b>Low</b>			862964

## Substance to Consider Adding or Taking

These are the most significant substances that are likely to improve the microbiome dysfunction. Dosages are based on the dosages used in clinical studies. For more information see: <https://microbiomeprescription.com/library/dosages>. These are provided as examples only

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day

2-hydroxyethyl)trimethylazanium {choline} 1g/day

Avena sativa x Hordeum vulgare {barley,oat}

Bovine Milk Products {Dairy}

Cichorium intybus {Chicory} 1800 mg/day

fructo-oligosaccharides 15 gram/day

Hordeum vulgare {Barley} 60 gram/day

Lactose {Milk Sugar}

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

pseudo-cereals {amaranth,quinoa, taro,buckwheat}

raffinose {sugar beet}

synthetic disaccharide derivative of lactose {Lactulose}

Tobacco consumption {Smoking}

wheat

Zea mays {maize}

## Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

jarrow formulas / bifidus balance® + fos  
Physician Choice / 60 Billion Probiotics  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
blackmores (au) / probiotics+ immune defence  
ISCON Elegance/ Ochek Capsule 10  
Nutrition Essentials / Probiotic (900 BCFU)  
optibac / bifidobacteria & fibre  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
nature's way (au) / restore probiotic 30 billion 30s  
blackmore (au) / probiotics+ daily health  
Global Healing Center / FloraTrex  
nature's way (au) / restore probiotic bowel & colon health 30s  
naturopathica (au) / gastrohealth fibrepro  
blackmore (au) / probiotics+ eczema relief  
optibac / for every day  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
theramedix / probiotic  
blackmores (au) / probiotics + adults daily (90 capsules)  
Wholesome Wellness / Raw Probiotic  
nature's way (au) / restore probiotic daily health 90s

Note: Some of these are only available regionally – search the web for sources.

## Substance to Consider Reducing or Eliminating

These are the most significant substances have been identified as probably contributing to the microbiome dysfunction.

In some cases blood work may show low levels of some vitamins, etc. listed below. This may be due to *greedy* bacteria reported at a high level above. Viewing bacteria data on the Kyoto Encyclopedia of Genes and Genomes (<https://www.kegg.jp/>) may provide better insight on the course of action to take.

allium sativum {garlic}

Azadirachta indica {Neem}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Curcuma longa {Turmeric}

D-(-)-Fructose {Fruit sugar}

Diferuloylmethane {Curcumin}

Honey {Honey }

Metha family {Mint}

Moringa Oleifera

origanum vulgare {oregano}

Pimpinella anisum {Anise}

Propolis {Bee glue}

Punica granatum {pomegranate}

rosmarinus officinalis {rosemary}

syzygium aromaticum {clove}

Thymus vulgaris {thyme}

Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma  
Atherosclerosis  
Atrial fibrillation  
Autism  
Autoimmune Disease  
Barrett esophagus cancer  
benign prostatic hyperplasia  
Biofilm  
Bipolar Disorder  
Brain Trauma  
Breast Cancer  
Cancer (General)  
Carcinoma  
cdk15 deficiency disorder  
Celiac Disease  
Cerebral Palsy  
Chronic Fatigue Syndrome  
Chronic Kidney Disease  
Chronic Lyme  
Chronic Obstructive Pulmonary Disease (COPD)  
Chronic Urticaria (Hives)  
Coagulation / Micro clot triggering bacteria  
Cognitive Function  
Colorectal Cancer  
Constipation  
Coronary artery disease  
COVID-19  
Crohn's Disease  
Cushing's Syndrome (hypercortisolism)  
cystic fibrosis  
d-lactic acidosis (one form of brain fog)  
deep vein thrombosis  
Denture Wearers Oral Shifts  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy  
erectile dysfunction  
Fibromyalgia  
Food Allergy  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)  
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
giant cell arteritis  
Glioblastoma  
Gout  
Graves' disease  
Gulf War Syndrome  
Halitosis  
Hashimoto's thyroiditis  
Heart Failure  
hemorrhagic stroke  
Hemorrhoidal disease, Hemorrhoids, Piles  
Hidradenitis Suppurativa  
High Histamine/low DAO

hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypothyroidism  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Intracranial aneurysms  
Irritable Bowel Syndrome  
ischemic stroke  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
Lymphoma  
Mast Cell Issues / mastitis  
ME/CFS with IBS  
ME/CFS without IBS  
membranous nephropathy  
Menopause  
Metabolic Syndrome  
Mood Disorders  
multiple chemical sensitivity [MCS]  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
myasthenia gravis  
neuropathic pain  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
NonCeliac Gluten Sensitivity  
Obesity  
obsessive-compulsive disorder  
Osteoarthritis  
Osteoporosis  
pancreatic cancer  
Parkinson's Disease  
Peanut Allergy  
Polycystic ovary syndrome  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
primary biliary cholangitis  
Primary sclerosing cholangitis  
Psoriasis  
rheumatoid arthritis (RA),Spondyloarthritis (SpA)  
Rosacea  
Schizophrenia  
scoliosis  
sensorineural hearing loss  
Sjögren syndrome  
Sleep Apnea  
Slow gastric motility / Gastroparesis  
Small Intestinal Bacterial Overgrowth (SIBO)

**Stress / posttraumatic stress disorder**

**Systemic Lupus Erythematosus**

**Tic Disorder**

**Tourette syndrome**

**Type 1 Diabetes**

**Type 2 Diabetes**

**Ulcerative colitis**

**Unhealthy Ageing**

**Vitiligo**